

Facts about Senior Needs:

As the trend continues for people to live longer, providing continuing services to assist them takes on greater importance. Here are some facts about the local Puget Sound senior population:

- 30% of Washington State seniors live in King County.
- The number of adults over 85 will increase by 18% in 2007.
- The number of younger people with disabilities that limit their mobility and ability to care for themselves has grown steadily in the last decade.
- King County's population in 1996 totaled 1.63 million, up 8% from 1990. Of that total, 76,130 were seniors 75 and older.
- Seattle's population in 1996 was 534,700. At that time, 78,450 were seniors 65 and older.

The population of older Americans is getting older, with the number of Americans over age 85 increasing faster than any other group. Since 1900, the proportion of Americans age 65 and older has more than tripled. Life expectancy for men is now 73 years; for women, it is 80 years.

- Our population of older Americans is increasingly more educated. While 34 percent of those over age 65 graduated from high school, that figure will rise to 83 percent by the year 2030.
- Thirteen percent of older adults live in poverty, as compared with 15 percent of Americans under age 65. However, the figure is 33 percent for African-Americans, 22 percent for Hispanics, and 20 percent for adults over age 85.
- Sixty-four percent of older Americans between the ages of 65 and 74 are married and live with a spouse; while of those over age 85, 24 percent are married and live with a spouse, and 48 percent live alone. Among women over age 65, one-half are widowers.
- The primary source of income for those over age 65 is social security benefits.
- Religious affiliation is the most common form of organizational participation among older adults, with 50 percent reporting attending services weekly.
- Two-thirds reported voting in the 1992 presidential election, compared to 50 percent of younger adults.



PARTNER NONPROFITS:

Catholic Community Services

2525 Sixth Street, Suite D,
Bremerton, WA 98312
www.ccsww.org

East County Senior Center

824 Village Way, Monroe, WA
98272
www.eastcountyseniorcenter.org

Elder and Adult Day Services

646 5th Street, Suite 1, Bremerton,
WA 98337
bremerton@eadscare.org

Lutheran Community Services Northwest

830 Pacific Ave #101, Bremerton,
WA 98337
www.wllcsnw.org

Nikkei Concerns

1601 E Yesler Way, Seattle, WA
98122
www.nikkeiconcerns.org

Pike Market Senior Center

1931 1st Ave, Seattle, WA 98101
www.figgy pudding.org

Senior Services of Snohomish County

8225 44th Ave West, Suite O,
Mukilteo, WA 98275
www.sssc.org

South County Senior Center

220 Railroad Ave, Edmonds, WA
98020
www.scscedmonds.org

Stanwood Senior Center

7430 276th St NW, Stanwood, WA
98292
www.stanwoodseniorcenter.org

Stillaquamish Senior Center

18308 Smokey Point Blvd, Arlington,
WA 98223

What Do King County Employee Giving Program Dollars Do?

Each year, hundreds of individuals and their family caregivers benefit from structured activities, health and rehabilitation programs, and support services. These cost-effective, quality programs not only support families who choose to care for a loved one at home, they also help adults in the community maintain optimum health and functional independence.

Meals on Wheels Program

Meals on Wheels, a program of Senior Services, offers frozen meals for the homebound older adult. The meals are prepared with no added salt, sugar, or fat and can be adapted to special diets.

The meals are delivered weekly according to a predetermined schedule. The delivery day will remain the same, but the time may vary from week to week. A minimum of seven meals is required for delivery.

Senior Dining

Senior Services Nutrition program partners with senior centers, Senior Information & Assistance and other community groups to provide nutritious meals to seniors at 14 centers throughout Snohomish County including 5 ethnic meal sites. This senior dining program provides older adults with positive social interaction, an informal support system and the opportunity to get involved in meaningful volunteer activities.

Information and assistance is available at most meal sites to connect older adults with other health or supportive services such as transportation, home-health aides, home modification, or other food assistance programs such as The Basic Food Program (food stamps).

Your donations directly impact the lives of program participants and residents. Without your support they could not continue the programs which touch you and your loved ones during many stages of life - this is only possible through your contributions.

Your donation can make a difference!

Your donation can make a real difference for more than 35,000 older adults, people with disabilities, and their families/caregivers. Your support will assure that:

- Nutritious meals are provided to frail homebound seniors.
- Seniors have access to safe and affordable housing.
- Information, health benefits, advocacy and counseling are available to thousands of seniors and their family caregivers.
- Older adults and people with disabilities have safe and reliable transportation services that connect them to health care, services, employment, shopping, and more.